

Our Information & Advice service is available to anyone over 50 who has an issue they are struggling with. We keep accurate and up-to-date information on a wide range of issues such as housing, health and care, money matters, leisure and social activities and other things that can affect your quality of life. We can help complete forms or take action on your behalf with organisations you are having problems with or you can access our free and confidential counselling sessions.



The service, which is currently delivered by telephone only, is available Monday to Friday between 9.00am and 4.00pm. If you have an issue which you would like help with, please call us today on **01625 612958** or email us at [enquiries@ageukce.org](mailto:enquiries@ageukce.org).

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